

Promoting Healthy Living Environments for Underserved and Hard to Reach Audiences - TU/FF NEWS-Fami

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V(A). Planned Program (Summary)

1. Name of the Planned Program

Promoting Healthy Living Environments for Underserved and Hard to Reach Audiences - TU/FF NEWS-Fami

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
703	Nutrition Education and Behavior		25%		
711	Ensure Food Products Free of Harmful Chemicals, Inc		25%		
722	Zoonotic Diseases and Parasites Affecting Humans		5%		
723	Hazards to Human Health and Safety		20%		
724	Healthy Lifestyle		25%		
	Total		100%		

V(C). Planned Program (Inputs)

1. Actual amount of professional FTE/SYs expended this Program

Year: 2007	Extension		Research	
	1862	1890	1862	1890
Plan	0.0	4.0	0.0	0.0
Actual	0.0	2.0	0.0	0.0

2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
0	245064	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	258301	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	55403	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Activities that were held included workshops, one-on-one intervention, in school and after school demonstrations and lectures.

2. Brief description of the target audience

The target audience consisted of under-served and under-represented youth and adult populations in the twelve Black Belt counties of Alabama.

V(E). Planned Program (Outputs)**1. Standard output measures****Target for the number of persons (contacts) reached through direct and indirect contact methods**

	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
Plan	200	50	200	50
2007	900	60	300	70

2. Number of Patent Applications Submitted (Standard Research Output)**Patent Applications Submitted****Year Target****Plan:** 0

2007: 0

Patents listed**3. Publications (Standard General Output Measure)****Number of Peer Reviewed Publications**

	Extension	Research	Total
Plan			
2007	0	0	0

V(F). State Defined Outputs**Output Target****Output #1****Output Measure**

- ? Measures will include: Participants will incorporate skills and change behaviors; the number of people who follow exercise guidelines on most days 60-minutes, 5 days a week; the percent of participants using food guide pyramids and dietary guidelines and the percent of participants reporting improved quality of life will increase.

Year	Target	Actual
2007	125	180

Output #2**Output Measure**

- ? The CSREES' Expanded Food and Nutrition Education Program (EFNEP) operated in all 50 states through 1862 land-grant institutions and in American Samoa, Guam, Micronesia, Northern Marianas, Puerto Rico, and the Virgin Islands until 2006 when 1890 institutions were invited to submit proposals to implement the program. The EFNEP program is designed to assist limited-resource audiences in acquiring the knowledge, skills, attitudes, and changed behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being (CSREES).

Year	Target	Actual
2007	{No Data Entered}	180

V(G). State Defined Outcomes

O No.	Outcome Name
1	Participants will incorporate skills and change behavior; the number of people following guidelines on most 60-minutes, 5 days a week will increase; the percent of participants using food guide pyramids and dietary guidelines will increase and the percent of participants reporting improved quality of life will increase.
2	Increased consumption of fruits and vegetables and good nutrition habits among adults
3	Increased consumption of fruits and vegetables and good nutrition habits among youth

Outcome #1

1. Outcome

Participants will incorporate skills and change behavior; the number of people following guidelines on most 60-minutes, 5 days a week will increase; the percent of participants using food guide pyramids and dietary guidelines will increase and the percent of participants reporting improved quality of life will increase.

2. Associated Institution Types

•1890 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2007	100	180

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The EFNEP program is designed to assist limited-resource audiences in acquiring the knowledge, skills, attitudes, and changed behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being.

What has been done

Each child participant was given a refrigerator thermometer to continue monitoring the family refrigerator and a personal hand sanitizer to use at home. At graduation, each youth had a simple resolution which was a plan on how to choose nutritious foods, sample at least 8 unfamiliar fruits and vegetables in the following year and be more active in their daily lives. The program intent was to help them to discover that, physical activity could be anything that gets their bodies moving, including dance.

Results

Seventy-six percent of youth participants knew they should be active for at least 1 hour each day; 81 percent agreed that bike riding is a weight-bearing activity and anything that gets their bodies moving can be considered as physical activity. Through snack foods preparation activities, youth identified various ways to include fruits and vegetables in daily eating and cutting down fruit juices. To help make their bones stronger, participants started eating foods high in calcium and including weight-bearing activities in even play. During and after graduation, youth made decisions to drink more 2% milk and at least be encouraged to try skim milk. 80 percent of youth indicated that they were going to start ordering small orders of fries instead of large to help reduce fat in their daily diet.

4. Associated Knowledge Areas

KA Code	Knowledge Area
711	Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sou
724	Healthy Lifestyle
723	Hazards to Human Health and Safety
703	Nutrition Education and Behavior

Outcome #2

1. Outcome

Increased consumption of fruits and vegetables and good nutrition habits among adults

2. Associated Institution Types

•1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2007	{No Data Entered}	600

3c. Qualitative Outcome or Impact Statement**Issue (Who cares and Why)**

Research indicates that low income families, women, and children are at increased risk of poor nutrition and chronic diseases because of a higher incidence of obesity; lower fruit and vegetable consumption due to perception that those food items are more costly; consumption of high fat and calorie dense foods; lack of understanding of nutrition information; and difficulty maximizing food stamp resources.

What has been done

County FCS Educators used Body and Soul, Cent\$ible Nutrition, and Search Your Heart curricula to teach older adults and adults without children about choosing different forms and kinds of healthy fruit and vegetables. The older adults were taught at 8 senior meal sites where the majority of seniors are low income; and the parents of children were reached at WIC clinics. There were 11 lessons taught once a week at each site.

Results

Through analysis of pre and post surveys as well as self reported testimonials, changes indicated that 75 percent graduates wished to demonstrate positive healthy food habits. In addition, only 32 percent of graduates now ran out of food for families by the end of the month and 39 percent report that their children ate healthy breakfast more often. Program participants learned the proper way to feed their families in order to promote good health and to plan and budget their food dollars so their family won't go hungry at the end of the month. Samples of participants' comments are: "I learned that the best form or kind of fruits and vegetables really depends on the time of year, but all forms are healthy," "it depends on what you are going to use it for and when you want to use it; if it is in season and what you like to eat," "I still like canned fruits and vegetables, they are convenient. However, I will now rinse them before I eat them, but now I will try fresh ones"

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
723	Hazards to Human Health and Safety
703	Nutrition Education and Behavior
722	Zoonotic Diseases and Parasites Affecting Humans
711	Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sou

Outcome #3**1. Outcome**

Increased consumption of fruits and vegetables and good nutrition habits among youth

2. Associated Institution Types

•1890 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2007	{No Data Entered}	300

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Research indicates that low income families, women, and particularly children are at increased risk of poor nutrition and chronic diseases because of a higher incidence of obesity; lower fruit and vegetable consumption due to perception that those food items are more costly; consumption of high fat and calorie dense foods. In addition, 86 percent of Alabama adolescents eat less than five servings of fruits and vegetables each day.

What has been done

Majority of youth were taught through summer youth college and school enrichment programs, while other children received their nutrition education through monthly short term programs and weekly day camps. Kids in the Kitchen, Media Smart Youth and Junior Chef curricula A combination of lecture, story writing, hands-on demonstration, site visits and educational tours for observation were some of the teaching methods used were adapted and used in the implementation of the program.

Results

After participating in the programs, approximately 30 percent of surveyed youth participants consumed low-cost, healthy foods, and tried new fruits and vegetables. 45 percent made their own snacks at home and washed hands more often, 33 percent used the proper way of hand-washing and 24 percent encouraged and showed other family members to wash their hands and in the proper way. Youth gained skills in analyzing media food messages, gained knowledge of basic principles of healthful and nutritious foods, and built awareness of healthful food choices in real life settings. They now recognize the importance of daily physical activity in promoting health, and new ideas for using play to be more active in their lives.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
711	Ensure Food Products Free of Harmful Chemicals, Including Residues from Agricultural and Other Sou
724	Healthy Lifestyle

V(H). Planned Program (External Factors)

External factors which affected outcomes

- ? Natural Disasters (drought,weather extremes,etc.)
- ? Economy
- ? Competing Programatic Challenges
- ? Populations changes (immigration,new cultural groupings,etc.)

Brief Explanation

Drought in Alabama affected the availability of fruits and vegetables, thus an increase in prices.

V(I). Planned Program (Evaluation Studies and Data Collection)

1. Evaluation Studies Planned

- ? Before-After (before and after program)
- ? During (during program)
- ? Case Study
- ? Comparisons between different groups of individuals or program participants experiencing different levels of program intensity.

Evaluation Results

We will continue with youth EFNEP programs in two of the following counties - Hale or Greene and Perry or Lowndes which are targeted for the establishment of baselines. We plan to continue using the combined curriculum until we review and secure an appropriate science based and culturally effective program curriculum for our youth and adult EFNEP programs.

Key Items of Evaluation

Funding for EFNEP activities and programs at 1890 Institutions has just started to yield preliminary, but strong results. Continued funding will reach populations that were not reachable before.